

Summer Training Framework 2022

Tuesday	Group	Session	Start location	Time	Thursday	Group	Session	Start location	Time
12/4/2022	A	FREE SESSION			14/4/2022	A	FREE SESSION		
	B	FREE SESSION							
	C	FREE SESSION							
19/4/2022	A	FREE SESSION			21/4/2022	A	FREE SESSION		
	B	FREE SESSION							
	C	FREE SESSION							
26/4/2022	A	Short Hills	Candle Factory	7 for 7.15pm	28/4/2022	A	Long Hills	Harthill Church	6.30pm
	B	Intervals	Harthill Church	6.30pm		B/C	Informal run	Candle Factory	7 for 7.15pm
	C	Long Hills	Candle Factory	7 for 7.15pm					
3/5/2022	A	Intervals	Candle Factory	7 for 7.15pm	5/5/2022	A	Steady Run	Harthill Church	6.30pm
	B	Long Hills	Coppermine Lane	6.30pm		B/C	Informal run	Bickerton Church	7 for 7.15pm
	C	Short Hills	Candle Factory	7 for 7.15pm					
10/5/2022	A	Long Hills	Bickerton Church	7 for 7.15pm	12/5/2022	A/B/C	Combined fitness	Tattenhall Flacca	7 for 7.15pm
	B	Short Hills	Candle Factory	6.30pm					
	C	Intervals	Coppermine Lane	7 for 7.15pm					
17/5/2022	A	Steady Run	Candle Factory	7 for 7.15pm	19/5/2022	A	Intervals	Harthill Church	6.30pm
	B	Steady Run	Bickerton Church	6.30pm		B/C	Informal run	Candle Factory	7 for 7.15pm
	C	Steady Run	Candle Factory	7 for 7.15pm					
24/5/2022	A	Introduction to trail running			26/5/2022	A	Long Hills	Candle Factory	6.30pm
	B	Introduction to trail running				B/C	Informal run	Candle Factory	7 for 7.15pm
	C	Introduction to trail running							
31/5/2022	A	Intervals	Candle Factory	7 for 7.15pm	2/6/2022	A/B/C	Combined fitness	Tattenhall Flacca	7 for 7.15pm
	B	Long Hills	Harthill Church	6.30pm					
	C	Short Hills	Candle Factory	7 for 7.15pm					
7/6/2022	A	Long Hills	Candle Factory	7 for 7.15pm	9/6/2022	A	Short Hills	Candle Factory	6.30pm
	B	Short Hills	Harthill Church	6.30pm		B/C	Informal run	Coppermine Lane	7 for 7.15pm
	C	Intervals	Candle Factory	7 for 7.15pm					
14/6/2022	A	Delamere			16/6/2022	A	Intervals	Candle Factory	6.30pm
	B	Delamere				B/C	Informal run	Candle Factory	7 for 7.15pm
	C	Delamere							
21/6/2022	A	Steady Run	Harthill Church	7 for 7.15pm	23/6/2022	A/B/C	Mixed relay	A - Bickerton Church	7 for 7.15pm
	B	Steady Run	Candle Factory	6.30pm				B/C - National Trust Car Park, Goldford Lane	
	C	Steady Run	Coppermine Lane	7 for 7.15pm					
28/6/2022	A	Intervals	Bickerton Church	7 for 7.15pm	30/6/2022	A	Long Hills	Candle Factory	6.30pm
	B	Long Hills	Candle Factory	6.30pm		B/C	Informal run	Coppermine Lane	7 for 7.15pm
	C	Short Hills	Candle Factory	7 for 7.15pm					
5/7/2022	A	Introduction to the fells			7/7/2022	A	Short Hills	Candle Factory	6.30pm
	B	Introduction to the fells				B/C	Informal run	Candle Factory	7 for 7.15pm
	C	Introduction to the fells							
12/7/2022	A	Steady Run	Candle Factory	7 for 7.15pm	14/7/2022	A/B/C	Combined fitness	Tattenhall Flacca	7 for 7.15pm
	B	Steady Run	Bickerton Church	6.30pm					
	C	Steady Run	Candle Factory	7 for 7.15pm					
19/7/2022	A	Delamere			21/7/2022	A	Long Hills	Harthill Church	6.30pm
	B	Delamere				B/C	Informal run	Candle Factory	7 for 7.15pm
	C	Delamere							
26/7/2022	A	Intervals	Candle Factory	7 for 7.15pm	28/7/2022	A	Steady Run	Candle Factory	6.30pm
	B	Long Hills	Coppermine Lane	6.30pm		B/C	Informal run	Candle Factory	7 for 7.15pm
	C	Short Hills	Candle Factory	7 for 7.15pm					
2/8/2022	A	Long Hills	Candle Factory	7 for 7.15pm	4/8/2022	A/B/C	Treasure Hunt	Candle Factory	7 for 7.15pm
	B	Short Hills	Harthill Church	6.30pm					
	C	Intervals	Coppermine Lane	7 for 7.15pm					
9/8/2022	A	Steady Run	Harthill Church	7 for 7.15pm	11/8/2022	A	Intervals	Candle Factory	6.30pm
	B	Steady Run	Candle Factory	6.30pm		B/C	Informal run	Candle Factory	7 for 7.15pm
	C	Steady Run	Bickerton Church	7 for 7.15pm					
16/8/2022	A	Short Hills	Candle Factory	7 for 7.15pm	18/8/2022	A	Long Hills	Harthill Church	6.30pm
	B	Intervals	Bickerton Church	6.30pm		B/C	Informal run	Candle Factory	7 for 7.15pm
	C	Long Hills	Candle Factory	7 for 7.15pm					
23/8/2022	A	Intervals	Candle Factory	7 for 7.15pm	25/8/2022	A/B/C	Combined fitness	Tattenhall Flacca	7 for 7.15pm
	B	Long Hills	Harthill Church	6.30pm					
	C	Short Hills	Candle Factory	7 for 7.15pm					
30/8/2022	A	Long Hills	Candle Factory	7 for 7.15pm	1/9/2022	A	Short Hills	Candle Factory	6.30pm
	B	Short Hills	Harthill Church	6.30pm		B/C	Informal run	Candle Factory	7 for 7.15pm
	C	Intervals	Coppermine Lane	7 for 7.15pm					
6/9/2022	A	FREE SESSION		7 for 7.15pm	8/9/2022	A	FREE SESSION		6.30pm
	B	FREE SESSION		6.30pm		B/C	FREE SESSION		7 for 7.15pm
	C	FREE SESSION		7 for 7.15pm					
13/9/2022	A	FREE SESSION		7 for 7.15pm	15/9/2022	A	FREE SESSION		6.30pm
	B	FREE SESSION		6.30pm		B/C	FREE SESSION		7 for 7.15pm
	C	FREE SESSION		7 for 7.15pm					